



# LIFELINK

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## SAIL Program Now Available Navy-wide

Navy's Sailor Assistance and Intercept for Life (SAIL) program is now available Navy-wide at all Fleet and Family Support Center (FFSC) locations. SAIL, which was rolled out last August in the Pacific Northwest, is an evidence-based approach to intervention that provides rapid assistance, ongoing risk assessment, care and reintegration coordination for Sailors who have demonstrated suicide-related behavior. It is aimed at supplementing, not replacing, existing mental health treatment by providing continuous support through the first 90 days after a behavior occurs or is reported. SAIL is a collaborative program between OPNAV N17; Commander, Navy Installations Command (CNIC) and the Bureau of Navy Medicine and Surgery (BUMED).

Improving access to services that provide direct support to Sailors is one of the Navy's top suicide prevention priorities. Findings from Navy's annual cross disciplinary case reviews reveal that more than half of Sailors who died by suicide had a prior suicide-related behavior (an ideation, attempt or self-directed injury). Risk may be highest in the immediate period after this type of behavior occurs.

The SAIL program offers continuous contact with an FFSC counselor trained in risk assessment to help promote ongoing safety and support at key intervals following a suicide-related behavior. The FFSC counselor (case manager) will maintain collaborative relationships between health care providers and command leadership, ensuring care coordination and smooth reintegration. Sailor participation is completely voluntary.

"We are excited that we are able to bring this important program to the fleet," said Capt. Michael Fisher, Director, Navy Suicide Prevention Branch. "Having SAIL available across the Navy is a great addition to the ongoing work that commands are doing to promote help-seeking behavior, self-care, and support for our Sailors who reach out for assistance. Instilling hope is the hallmark of SAIL and we believe those Sailors who take advantage of this terrific program will see its benefit."

Upon receiving notification from a command that a Sailor has demonstrated suicide-related behavior, Suicide Prevention Coordinators (SPCs) will submit an encrypted email to Navy Suicide Prevention Branch within 24-hours of an OPREP/SITREP submission. This information will be provided to CNIC, who will assign a local FFSC case manager to reach out to the individual Sailor and offer voluntary participation in the program.

More information for commanding officers and SPCs on required procedures can be found on [www.suicide.navy.mil](http://www.suicide.navy.mil) > **Command & Leaders > SAIL**. Commanding officers should ensure that all SPCs are able to understand and execute related reporting requirements and have completed the required SAIL training available on the above webpage. SPCs should also ensure that SAIL program details and procedures are included in their command crisis response plan. Refer to the **Commanding Officer's Suicide Prevention Program Handbook** for additional crisis response plan guidance.

Connecting Sailors with ongoing support through the SAIL program is one of the many strides Navy is taking to strengthen its commitment to psychological health and well-being. It's about being there for *Every Sailor, Every Day*.

For more information on the SAIL program, reference **NAVADMIN 027/17** and see the **related story** on Navy.mil.



Sailor Assistance & Intercept for Life



## Lifelink Spotlight

### Turning Hardship into Passion

Seaman Devonta Allen decided to enlist in the Navy right out of high school so that he could provide for his newborn daughter. But quickly after receiving orders to guided-missile destroyer USS Porter (DDG 78), Allen got news that his father had passed away.

Though he'd only been in the Navy for a short while, Allen's shipmates came together to support him during this incredibly difficult time. He immediately wanted to give back to the crew for all their help, so he threw himself into his work as the ship's store operator. Allen enjoyed this role because of the opportunities it offered to connect with his shipmates and build relationships that could continue to help him cope with the challenges of losing a loved one, and the stress of a new career. As one of the five Principles of Resilience (Predictability, Controllability, Relationships, Trust and Meaning), *Relationships* are a vital underpinning of resilience, cohesion and morale.

When Allen learned that the ship was going to be forward deployed to Naval Station Rota Spain eight months later, he persevered even though it meant he would be separated from his little girl. Once in Spain, the hits kept coming when it became apparent that the ship's servicemen were undermanned. Allen took on the job as the ship's barber – a role he had little experience in.

"I didn't want to be a barber at first; I just tried to do what [my petty officer] did. I was terrible, but hey, I just kept going," he said in a related [Navy.mil story](#). Allen relied on *Trust* because his experience with the Navy and his leaders thus far hadn't steered him wrong. By trusting the process and having a positive expectation for the future, Allen went to barber school, watched a lot of videos on the internet, and soon enough he thought "Man, this stuff is easy!"

Allen's newly discovered passion for cutting hair turned into something greater. He hopes to open his own chain of barbershops in his Mississippi hometown and in Spain. "When I give somebody a haircut and they look fresh, they go back to their work center and get the ship moving," Allen said. He found the underlying positive *Meaning* of his once challenging job as a barber by transforming it into a personal way to keep the ship motivated. "When they get their haircut, they feel important. I do a big part in keeping the ship's morale high."

With all of the unforeseen changes life throws at us, it is important to stay positive and move with the changes. Building relationships, trusting the process, and finding personal motivators are key to being successful at your work place and beyond. What may seem like an uncomfortable change in routine now could help you discover your next passion.

*What's your story? Tell us how you or your shipmates are finding ways to grow and adapt in the face of challenges, and be there for Every Sailor, Every Day. Email us at [suicideprevention@navy.mil](mailto:suicideprevention@navy.mil).*

## Plan of the Week Notes

*Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of February:*

1. Our personal relationships often begin with a spark or common interest - our financial relationships start very much the same way. Check out this post to learn how to rekindle your relationship with money: <https://navstress.wordpress.com/2016/02/09/rekindling-your-relationship-with-money/>
2. Be a good listener. Relationships are built on a foundation of trust and support. Mutual understanding is important and can only be achieved through active listening. Focus first on what the speaker is saying to you, then repeat what you think he or she expressed in your own words. This opens the dialogue and allows for meaningful connection regardless of the topic of conversation. For more tips to keep your relationships strong this and every month, check out: <https://navstress.wordpress.com/2016/02/26/relationship-goals/>
3. February is Heart Health Month. Stress signals the body to produce more energy by elevating the heart rate, increasing production of LDL cholesterol and blood glucose. Stress can also lead to poor diet, missed workouts and a lack of sleep. Left unchecked, this combination of factors may lead to serious conditions such as high blood pressure, high cholesterol and/or diabetes. To keep your heart and head healthy, get 7-8 hours of sleep, avoid the inevitable crash of anxiety-inducing energy drinks and stay social. For more tips, check out Navy & Marine Corps Public Health Center's February Health Promotion and Wellness Toolbox, here: <http://go.usa.gov/x9FrV>
4. Whether you have one minute, one hour, or more time over the course of a week, you can help a veteran or shipmate feel less alone. See what you can do at <https://www.veteranscrisisline.net/BeThereSupport.aspx>

## Save the Date: 2017 DoD/VA Suicide Prevention Conference

The next Department of Defense & Department of Veterans Affairs Suicide Prevention Conference will be held from August 1-4, 2017 in Denver, Colorado at the Marriott Denver City Center. Providers, SPCs and leaders are encouraged to attend. More information will be shared as available in the coming months. To view presentations and materials from the 2015 conference, click [here](#) or visit [www.dspo.mil](http://www.dspo.mil).

## News and Resources

How Stress Impacts your Heart Health  
[NavyNavStress](#)

You can Practice Mindfulness Meditation - Every Day  
[DCoE](#)

From Fast Friends to the 'Daddy Board,' How one Army Wife Tackles her Husband's Deployment  
[Military Times](#)

Strategies for Coping with Flashbacks  
[Real Warriors](#)

Things you need to know about Depression  
[DCoE](#)

Why Soldiers Need Spirituality Now More than Ever  
[Guard Your Health](#)

Help your Partner Lose Weight  
[HPRC](#)

Communications Between Line Leaders and Mental Health Providers  
[NavyNavStress](#)

"Screen Time" Impacts Dream Time  
[HPRC](#)

New App Offers Culture, Language Tips  
[Navy.mil](#)

5 Things You Need to Know: Sailor 2025  
[All Hands Magazine](#)

## Current and Upcoming Events

Heart Health Month  
February  
[Resources here](#)

SPC Training Webinars  
February 22, 1000 CT  
March 9, 1800 CT

Note: Registration procedures have changed. Please [click here](#) to register or visit [www.suicide.navy.mil](http://www.suicide.navy.mil) for more information.

## Don't Give Up, Get SMART

Store shelves are now overflowing with heart shaped chocolates and cards, which may put you in a frame of mind to think about the relationships in your life. But what about your relationship with yourself? By this time your New Year's resolutions may be starting to give way to work or family demands (or both), draining your motivation and dampening your outlook. Rather than feeling defeated, put a little thought into how you can get back on track. Ask yourself not only *what* you want to accomplish, but by *when*, *how* you'll do it and how you'll track it, and *why* you're doing it. In other words, it's time to get SMART.



**Specific:** Getting specific with your goals can help motivate action, upping your chances of success. For example, if your original New Year's resolution was to read more—one of this year's **most popular resolutions**—optimize that goal by defining exactly what you're working toward. "I will read one book per month" is a specific goal (and one that can help you strengthen your self-care routine too).

**Measurable:** You can track your progress toward reading because you've identified a quantity; aiming for one book each month in the above case. Measurable goals can help move you in the right direction by keeping you motivated and aware, and helping you define achievement or reassess your approach.

**Attainable:** Set yourself up for success by making sure you have the right resources in place to achieve your resolution, including the right environment and mindset. If one of your resolutions is to eat three more servings of fruits and vegetables a day, are you willing to make these foods more accessible than the less healthy options in your kitchen or snack stash at work? Repeat your goal to yourself out loud, starting with "I will...." If you feel more committed to the idea but not the steps that you've outlined to get there, reassess. An attainable goal is one that may take some work, but through dedication and accountability can be achieved.

**Realistic:** It's good to have high goals, but training for a marathon in one month when you have never run before is unrealistic and may be unhealthy. By taking into account your timeframe, resources, mindset and priorities; you can tweak this goal to work for you, rather than against you. To say "I will run my 1st marathon by December 2017" may be more realistic and attainable. Remember, there's no benefit in sacrificing one area of your health, mental or physical, for another.

**Timely:** Anchor your goals within a time frame so that you can define success and stay accountable. Sometimes our best work is completed under a deadline, but remember, the other SMART rules apply (attainable and realistic)!

Setting bite-sized SMART goals can help you achieve your overall resolution by making it easier to see progress and build healthier habits. If weight loss is your goal, a small act such as swapping sugary beverages for water with each meal for one month can jumpstart your journey to success, helping to keep you motivated for larger changes. For accountability, keep a daily log to track your progress and setbacks (especially helpful if journaling is one of your resolutions). Setbacks are inevitable, so try to keep them in perspective – some days will be more challenging than others and you're doing this to better yourself, not belittle yourself. You can also get an accountability partner with similar goals so that you can keep each other motivated and stay strong together. Don't forget to celebrate successes big or small, but do so in a way that doesn't conflict with your progress.

Make 2017 your year to make things happen. Work SMARTer, not harder!

*Contributed by Lt. Pamela Gregory, OPNAV N17 Nutrition Program Manager and Registered Dietician*